



# Youth Sports Guidelines

## Weather

### Heat Index and Temperature

During seasonal sports and clinics in which are outside during hotter days, the Y staff and volunteers will use the following policy and chart to determine whether or not games/practices will be held. We ask guardians to ensure that their child is equipped with a water bottle and any other necessary items to help keep them cool. Dress children in a light, loose fitting clothing that is light in color so it can breath well. Encourage your child to listen to their body and take extra breaks for water or to relax as needed during hotter months.

<b>Heat Index under 95°</b>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water will be available for athletes to take as much as they want.</li> <li>• Optional water breaks every 30 mins for 5-10 mins.</li> <li>• Watch/monitor athletes carefully for necessary actions.</li> </ul>
<b>Heat Index 95° to 99°</b>	<ul style="list-style-type: none"> <li>• Provide ample amounts of water. This means water will be available for athletes to take as much as they want.</li> <li>• Mandatory water breaks every 30 mins for 5-10 mins.</li> <li>• Watch/monitor athletes carefully for necessary actions.</li> <li>• Reduce amount of time in the direct sun, provide breaks in shaded areas. Consider postponing practices or games until later in the day.</li> <li>• If indoor facility has no air conditioning, reduce time of activity.</li> </ul>
<b>Heat Index 100° of above</b>	<ul style="list-style-type: none"> <li>• Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.</li> </ul>

### Rain/Lightning

In the event of heavy rain practices and games will be cancelled. If there is light sprinkling, we will still practice and play as long as there is no lightning or thunder. In the event of lightning or thunder, all activities outdoors will be halted for 30 mins from the last thunder rumble or lightning strike. If continued lightning or thunder persists, practices/games may be cancelled for the remainder of the day.

### Snow/Ice

In the event of snow/ice, Y staff and volunteers will monitor each situation individually. Cancellation or resuming of games/practices will be based upon road conditions, ability to have staff, participants, volunteers present, and ability to have the facility open.



## **Facility & Field Conditions**

### Rental Facilities

If the YMCA is renting fields or facility from another community entity, schedules and closures are subject to change based up on the facilities management. We will communicate with families and coaches as quickly as possible to let them know of any changes, but cancellations or schedule changes can occur.

### Wet Fields

A little rain does not mean that outdoor activities on the soccer field are cancelled. Y staff and volunteers will monitor the field conditions and will determine if they are too wet to play on. As a rule of thumb if when stepping on the field a person's foot sinks down due to wet ground, practices and games will most likely get postponed or rescheduled.

## **Refunds**

### Refund Policy

Our refund policy for sports is as follows:

- If you cancel your registration before the registration deadline, 100% refund will be given.
- If you cancel your registration after the registration deadline occurs, you will be subject to a \$15 fee.
- If you cancel your registration after the 2nd scheduled game, no refund will be given.